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Boundaries” *pg 11*

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Monday, April 19, 2010

THE MORNING NEWS

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Aruba hosts the First International Autism Symposium this past weekend



Prime Minister Mike Eman with FAA President Monique Kuiperi-van Embden and board member Alice van Romondt

Two days dedicated to the understanding and education of individuals with Autism Spectrum Disorders (ASD) opened on Friday evening, April 16 with an official welcome by Aruba's Prime Minister Mike Eman. He expressed his great pride in the two women that instigated the event, Monique Kuiperi-van Embden, Founder and President of the Fundacion Autism Aruba (FAA), and Dilma Arends-Geerman, Secretary and Co-founder of FAA, who acted as MC for the evening. Dilma presented the Prime Minister with a symbolic pin in gratitude for his participation, and taking time to endorse their endeavor.

The opening event began with the story of these two women, and how their journey began in 2002 upon discovering they both had autistic children. At the time, the lack of information and support on Aruba was very discouraging. They were determined to educate themselves, other parents, and teachers to learn how to work with youngsters who are autistic, and in particular understand and recognize the diversity of manifestations of autism, and the very individual learning and socialization needs of each child. The FAA was founded in 2005, and with an increasing number of volunteers, self-education and research, they were able to attract top researchers and autism experts to Aruba for this weekend's symposium.

The FAA team reports they are overwhelmed by the response, and the ballroom of the Westin Aruba Resort, which is hosting the event, was filled to capacity with over 200 teachers, parents and social workers on Friday evening, including a delegation from SOKH foundation of Curacao. Mrs. Inge Boutier, founder of SOKH and a specialist in activity training, along with her colleague Yolanda Wiel, conducted a workshop for parents on Satur-



Dilma Arends-Geerman



Dr. Connie Kasari



Guest speakers

day dealing with Autism at Home.

The opening lectures on Friday evening were conducted by Dr. Connie Kasari and Dr. Lauren Underwood. Dr. Kasari is Professor of Psychological

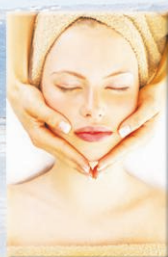
Studies in Education and Psychiatry at UCLA, and Principal Investigator for several multi-site research programs, including the Autism Intervention Research Network.

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Gente Bella Spa

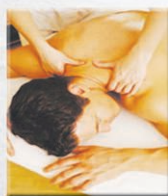
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EU says half of normal flights may run today

AMSTERDAM, The Netherlands (AP) — European air traffic could return to about 50 percent of normal levels today if weather forecasts confirm that skies over half the continent are emptying of the volcanic ash that has thrown global travel into chaos, the European Union said.

The prospects for a return to normal air travel remained far from clear, however.

Several major airlines safely tested the skies with weekend flights that did not carry passengers. Germany temporarily loosened some airspace restrictions before the EU announcement yesterday evening, allowing limited operations from some of its largest airports before closing them again yesterday evening. Other countries enforced closures on their national airspace through late yesterday, today or even tomorrow as meteorologists warned that the airborne ash was still unpredictable and potentially dangerous.

The shutdowns imposed after an Icelandic volcano begun erupting Wednesday have stranded millions of travelers. They are costing the aviation industry, already reeling from a punishing economic period, at least \$200 million a

day, according to the International Air Transport Association.

EU Transport Commissioner Siim Kallas told reporters in Brussels that "it is clear that this is not sustainable. We cannot just wait until this ash cloud dissipates."

Diego Lopez Garrido, state secretary for EU affairs for Spain, which holds the rotating EU presidency, said that "now it is necessary to adopt a European approach" instead of a patchwork of national closures and openings.

"Probably tomorrow one half of EU territory will be influenced. This means that half of the flights may be operating," Lopez Garrido said about conditions today.

France's transport minister, Dominique Bussereau, said there will be a meeting today of European ministers affected by the crisis to coordinate efforts to reopen airspace.

Regulators need to take into account that airlines from Holland to Austria flew successful test flights yesterday despite official warnings about the dangers of the plume, Lopez Garrido said.

KLM Royal Dutch Airlines said that by midday yesterday it had flown four planes through what it described as a

gap in the layer of microscopic dust over Holland and Germany. The ash began spewing from an Icelandic volcano Wednesday and has drifted across most of Europe, shutting down airports as far south and east as Bulgaria.

Air France, Lufthansa and Austrian Airlines also sent up test flights, although most traveled below the altitudes where the ash has been heavily concentrated.

National air safety regulators have the right to close down a country's air space in cases of extreme danger. But they can also grant waivers to airlines to conduct test flights or to ferry empty airliners from one airport to another at lower altitudes not affected by the main ash clouds.

Kallas called the problems spawned by the eruption unprecedented and said there were no EU-wide rules for handling such a crisis.

Kyla Evans, spokeswoman for the European air traffic control agency Eurocontrol, said earlier in the day that it was up to national aviation authorities to decide whether to open up their airspace. The agency's role was to coordinate traffic once it was allowed to resume.

Elaborate state funeral for Poland's first couple

KRAKOW, Poland (AP)—Some 150,000 Poles paid their last respects to Polish President Lech Kaczynski and his wife, Maria, as the couple were interred yesterday among kings, poets and statesmen in the ancient Wawel Cathedral in a ceremony long on tradition but short on world leaders whose travel plans were wrecked by the enormous plume of volcanic ash that blanketed Europe.

President Barack Obama, French President Nicolas Sarkozy and German Chancellor Angela Merkel were among those canceled at the last minute because of the expanding ash cloud, dangerous to airplane engines, that left nearly all of the continent's airports since late Thursday.

"All the French people will be, in their thoughts, with the Polish people," Sarkozy said in a letter sent yesterday to acting President Bronislaw Komorowski expressing his regret for being unable to attend.

The volcanic ash from Iceland did not deter everyone.

The leaders of Baltic and Balkan states came by car for the stately event. Czech President Vaclav Klaus took the train and car to get to Krakow.

Polish police estimated the number of mourners in Krakow at nearly 150,000.

Russian President Dmitry Medvedev flew by plane from Moscow for the funeral. His presence was a further sign of the warming ties between the two countries, which had been strained for centuries, most recently because of communism and the 1940 Katyn massacre.

Krakow Archbishop Stanislaw Dziwisz acknowledged those new ties in remarks to the congregation at the state funeral, noting that the tragedy had given rise "to many layers of good between the people and nations."

"The sympathy and help we have received from Russian brothers has breathed new life into a hope for closer relations and reconciliation between our two Slavic nations," Dziwisz said. "I direct these words to the president of Russia."

Tearful pope says church will better protect young

VALLETTA, Malta (AP) — Pope Benedict XVI met yesterday with a group of clerical sex-abuse victims and told them with tears in his eyes that the Catholic Church would seek justice for pedophile priests and implement "effective measures" to protect young people from abuse, the Vatican and victims said.

Benedict expressed his "shame and sorrow" at the pain

the men and their families suffered and prayed with them during the meeting at the Vatican's embassy in Malta.

It was the first time Benedict had met with abuse victims since the worldwide clerical abuse scandal engulfed the Vatican earlier this year, and it marked his most personal and forceful statement on the spiraling scandal since a letter to Irish faithful a month ago.

"He prayed with them and assured them that the Church is doing, and will continue to do, all in its power to investigate allegations, to bring to justice those responsible for abuse and to implement effective measures designed to safeguard young people in the future," the Vatican statement said.

The Vatican offered no further details of what measures would be implemented.

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Aruba hosts the First International Autism Symposium . . .

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Prime Minister Mike Eman gets pinned by Dilma Arends



The FAA team

Her topic for the evening was "Peer Relationships at School." Dr. Underwood, the parent of an autistic child, is employed as Senior Staff Scientist for SSAI, Inc, supporting NASA's Earth Science Enterprise. She has a monthly radio program on Autism One Radio. Her topic covered biomedical developments in the field of autism.

Also traveling to Aruba to lecture at the conference and conduct workshops were Dr. Andy Shih, Vice President of Scientific Affairs at Autism Speaks, Dr. Claudine Dietz,

clinical psychologist specializing in children from infancy to four years, with an eye towards early detection of autism. Mrs. Cecilia Fernandez de Niembro, an engineer in biochemistry at the Instituto Tecnológico de Estudios Superiores, in Monterrey, Mexico lectured on "Nutrition and Autism." Dr. Miguel Santana, a frequent lecturer in the Netherlands and Belgium, discussed "Autism and Adulthood: Provision of Services," and conducted a workshop on "Autism, Sexuality and Relationships."

Other guest lecturers in-

cluded Dr. Valerie Paradiz, co-founder of the Open Center for Autism, Dr. Adel Najdowski, Manager of Research and Development at the Center for Autism and Related Disorders and author of "Card Skills," a comprehensive assessment and curriculum for children with autism. Dr. Sheryl Rosin, who lectured on "Speech and Language Pathology," has been a practicing clinician since 1996, and is considered one of the top experts in ASD. She founded The Center for ASD in Birmingham, Michigan, and is considered to have set the "gold standard" for autism diagnostics.

"Autism seriously affects the quality of life if not diagnosed and treated," stated FAA President Monique Kuiper-van Embdem. "For people with autism it can be a daily struggle to understand and function in a world that seems strange to them, even threatening, at times. Special therapy, care and support are therefore very important, without this, an individual with autism will, at some point in life, feel limited."

"When one understands autism, it creates a certain willingness," Monique concludes, "Willingness is needed to help look for solutions, even though circumstances are not ideal and options for care and therapy are limited; to look for individual capabilities and talents instead of looking at the person's limitations, to make use of strengths and to overcome weaknesses; to help make necessary adaptations and to give hope where people feel hopeless. A person with autism is not a puzzle piece; it is autism as a disorder that is an unsolved puzzle, as yet. The question is: Who is missing a piece of the puzzle?"

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Aruba Airport Authority N.V. reports slight decrease in traffic figures

US market remains strong however

ORANJESTAD - The unpredictable effects of the current worldwide economic crisis influencing consumer spending and demand for air travel continue to impact passenger traffic and flight results at Queen Beatrix International Airport. Aruba Airport Authority N.V. (AAA) reports, where revenue generating passengers (RGP) for the first quarter of 2010 show a slight decrease, although flights increased over the first three (3) months of 2010.

RGP figures for commercial passengers were down 1.4% and flights were up by 2.5% compared to the first quarter of 2009. A mere 12 months ago first quarter 2009 figures were

-11.5% and -9.0% respectively. This does give an indication that even though RGP figures are below 2009, there is a slight positive improvement on traffic to the island.

IATA, the International Air Transport Association, revised the airline industry forecast for 2010 from a -US\$5.6 billion loss to an overall -US\$2.8 billion loss. IATA claims that a stronger recovery in demand has been registered and since seat capacity will remain rather flat for 2010, airlines will most probably experience yield improvements.

The North American market registered an overall growth of 4.9% compared to first quarter 2009. Delta, Continental and SLM added more frequencies and/or upgraded equipment during this period showing capacity growth of 18.1%, 13.0% and 52% respectively. The winter season 2009/10 however has been the first in decades that Aruba did

not have charter service from the United States.

Another market that showed a positive increase was the Netherlands Antilles which grew by 3.2%. Tiara and Insel Air both added more flights during the first three (3) months of 2010.

The European market showed a strong decline namely of -38.4% compared to the first quarter of 2009 but this is mainly due to the high volume of cruise turn around charter flights from the UK and Spain that did not return this season. In addition, an Italian charter between Milan and Aruba operated for one winter season only. The Dutch market experienced a decrease of 12.9% compared to the same period in 2009.

The Latin American Market, especially the Venezuelan market, is experiencing a steady decline during the first quarter of 2010. Unfortunately the continued changes in travel and currency policies determined by the Venezuelan government make marketing and sales efforts extremely challenging.

"As we have mentioned in the past, we remain cautious and are ensuring everything possible to minimize the impact due to the economic downturn," said Peter Steinmetz, Managing Director AAA. "We are in constant contact with our airline and tourism partners in order to ensure that we retain our air service and route network. Demand for the destination is pivotal in this equation and we work closely with our tourism partners supporting their marketing and efforts to increase bookings for the destination."

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Family Stones and Cathey Cadmus honored as Distinguished Visitors of Aruba



Recently, family Stones from New Jersey and Cathy Cadmus, from Georgia, were honored as Distinguished Visitors of Aruba for their 12th consecutive visit to the island.

This honor is bestowed by the government of Aruba on visitors who have been coming here for 10 or more consecutive years.

"We like Aruba for its friendly people, the spectacular climate and tranquility with no worries, making it easy for them to enjoy indoor and outdoor activities. "Aruba is the perfect place to relax and unwind," they all

stated.

During a ceremony on their behalf, Aruba Tourism Authority liaison Amayra Boekhoudt, presented Stone and Cathy a certificate naming them Distinguished Visitors of Aruba, as a token of appreciation. They in return expressed to be very honored with this distinction and will surely keep coming back. Cathy's daughter also likes Aruba very much, an important reason to keep vacationing here.

Present at the ceremony was General Manager Marriott Ocean Club Mr. Corey Guest.



Island Birds



Trupial



Prikichi eating a cactus fruit



Trupial cacho



Chuchubi

One of the best times to go exploring is early in the morning; the sun is not so hot yet, and also you are treated to some special sights - like the colorful island birds busy feeding. I have picked up people just before sunrise to take them out to see the tropical and water birds that inhabit our island; we have many kinds, almost 200, but I will only talk about some of the most famous today.

A little yellow bird we call a Barica Geel, or Yellow Belly, is common throughout the Caribbean and known as a Bananaquit and they do so like sweet things. They are brave little birds, and if you leave some sugar or an open packet of jam out for them, they will come right to your table. Aruba's national bird is the Trupial; it has very distinctive coloring - bright orange with black and white flashes - a real tropical bird. It has a very lovely song, not like the other beautiful yellow bird we call Trupial Cachó, which will make you want to cover your ears!

Also very loud and screechy is our famous Prikichi, the brilliant green and yellow parrots you often find perched on cactus, because they love the fruit. It is rare to find them alone, they are usually a pair or sometimes four or five together, and how they chatter! They love to talk and talk back and forth, so you always know well in advance when there are prikichis near, though sometimes they are hard to spot in a tree full of



Barica Geel

green foliage.

chieri eating a cactus fruit Another bird that is found everywhere and has a very beautiful song is the Chuchubi, which looks plain until they spread their wings; then they take your breath away.

We have so many birds, but these are the most typical of the island and live here all year round; I don't think there is enough space on this page to talk of the many birds that come and go during their migrations and live by the water, so I save that for another day.

EDITOR-Madi Kelboom's stories of Aruba run in the THE MORNING NEWS every Monday. Her family has lived here for more than five generations, and she shares her love of the island and her knowledge of its lore, nature and traditions with us and her guests. Visitors can indulge in one of her very personal and limited seating tours by calling 746-1397 or 749-7494. Enjoy!



A little thief

Aloha Bridge Club Aruba (ABCA) game results



RESULTS THURSDAY, APRIL 15

A total of 10 pairs attended the morning bridge session at the Members Lounge of the Aruba Beach Club Resort.

The results 50% and higher are as follows:

1. Joke Henriquez / Annette Ybeles Smit 67.71%
2. Willy Flanegin / Maritza van Romondt 62.50%
3. Gerry Meenhorst / Nelly Aal 61.46 %
4. Sheila Lampe / Edith Henriquez 56.25%.

RESULTS FRIDAY, APRIL 16

A total of 6 pairs attended the bridge session at the Frank Conway Room of Casa del Mar.

The results 50% and higher are as follows:

1. Lorraine and Len Wright 62.50%
2. Kathy Yarzagaray / Addy Eilers 53.75 %.

Aloha Bridge Club Aruba meets twice a week: on Thursday mornings at the Members Lounge of the Aruba Beach Club, starting at 9.00 am and on Friday evenings at the Frank Conway Room of Casa del Mar starting at 7.30 pm. Signing up closes ten minutes before starting time. Fee for guest players: \$ 6.00 or Afl. 10.00 per person.

The club can also be of assistance in finding single players a bridge partner. Please call Addy Eilers : tel. 582-4953

Romance on the Beach

Diminutive terns arriving to mate

Just as tourists come here to get married the diminutive terns arrived on April 11 at Baby Beach for their mating season.

During the mating rituals the male woos the female by preparing dinner for her. He flies over the sea to get piskechi, a small type fish, to give it to the female, but before serving her dinner she must treat him to a dance. They raise their feathers above their head, raise their tails and beaks, lower their wings and walk behind each other and making rounds. The whole group dances mingled in each other. Occasionally some pairs separate from the group and the females lay their eggs. If everything goes right, the eggs will hatch on time for the terns to migrate to Brazil.

The diminutive terns own time-share on Aruba, but in the last years this has diminished to only a few reefs in front of the refinery. Nonetheless, almost the whole south coast of the island is adequate for breeding, if only there were less people frequenting the reefs.

It is not known why the terns breed at only one place. They used to breed on the is-



land of Curaçao, then on Bonaire and since the 80's they breed on Aruba. Maybe it is the pressure on their habitat that made it impossible for them to continue breeding there. A fact is that they like to eat piskechis, which are located in the seas 60 miles northeast of Aruba. Maybe the piskechis moved more to the north of Aruba, thus getting closer to the island.

Diminutive terns also breed on the reefs in front of Savaneta and Oranjestad. Experts think that if the terns continue breeding in one area year after year the pressure of parasites increase, so they continue changing their breeding grounds. Also a

sudden noise can make them abandon their eggs as was the case a few years ago when a group started laying eggs for a second time after a festive event with fireworks which took place in Oranjestad. It is known that terns abandon their chicks if people visit their breeding ground to often. The Department of Agriculture, Husbandry and Fisheries a few years ago encountered such a case where they found a few dead chicks on a reef in front of Savaneta during the Lent season.

It is also known that their habitat can change. In 2004, Hurricane Ivan brought stones on the reefs in front of San Nicolas making it difficult for the diminutive terns

to lay their eggs. The birds need a clean piece of land where they lay their eggs in a large group and nests close to each other. This reduces the chance for seagulls to pick their eggs, eat the chick or steal their piskechis when breeding. And now the change is the refinery not being active.

Experts are astounded that the reefs in front of the refinery are a breeding ground for terns. Many people think that the noise, and lights at night and possible contaminants will make this place very unfavorable for breeding. Although there is a big advantage, nobody goes there except biologists who in the past 10 years have been

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studying the diminutive terns. There are also other kinds of terns breeding here on the reefs in Oranjestad, but less frequent than the diminutive terns. The Department of Agriculture, Husbandry and Fisheries in the past received claims that people would go in boats to the reefs to collect the eggs.

The Department of Agriculture, Husbandry and Fisheries is collaborating with instances to regulate the protection of the Terns to create a living ground for. From the 10 different species of Terns that are breeding on Aruba four are at risk of extinction. They are important for the biodiversity of Aruba because not only did they increase in 10 different species but also because their nests are an important nutrient for our fauna on the reefs which in turn are important for other animals such as the Blue Common butterfly, the Peanut Spider, Iguana and Gecko.

For more information readers may contact the Department of Agriculture, Husbandry and Fisheries at tel. 5858102 or e-mail dlvv@aruba.gov.aw.

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Science/Tech.

Hydrogen still in the eco-car race

BERLIN – Hydrogen, one of Earth's most abundant elements, once was seen as green energy's answer to the petroleum-driven car: easy to produce, available everywhere and nonpolluting when burned.

Hydrogen energy was defeated by a mountain of obstacles — the fear of explosion by the highly flammable gas, the difficulty of carrying the fuel in large, heavy tanks in the vehicle, and the lack of a refueling network. Automakers turned to biofuels, electricity or the gas-electric hybrid.

But hydrogen, it turns out, never was completely out of the race. Now Israeli scientists and entrepreneurs claim to have brought hydrogen en-

ergy a step closer by putting it in much smaller, lighter containers.

Rather than using metal or composite cylinders of compressed gas that look like bulky scuba gear, hydrogen is packed into glass filaments which, once out of the lab, will be only slightly thicker than a human hair.

These 370 glass capillaries are bundled into a glass tube called a capillary array, about the width of a drinking straw. The scientists say 11,000 such arrays will fuel a car for 400 kilometers (240 miles), take less than half the space and weight of tanks currently installed in the few hydrogen cars now available.

"We have shown new ma-

terials that can store more hydrogen than any other system," says Dan Eliezer, chief scientist of C.En Ltd., the company based in Geneva, Switzerland, where the Israelis are developing their invention.

The scientists make no attempt to improve the standard fuel cell, which is not much different today from when it was invented more than 150 years ago. A fuel cell makes electricity from chemical reactions involving hydrogen and oxygen, producing only water vapor as a byproduct. The fuel cell can be compared with a standard car's engine, while the capillary arrays would be comparable to the gasoline tank.

Apple Fans Are Clueless About Security, Hacker Says

Apple fans who claim that the Mac is more secure than PCs not only are wrong, but they're ignorant about their security risks, says a well-known hacker and security expert who has made a name for himself finding vulnerabilities in Windows. And Apple itself doesn't take security as seriously as does Microsoft, he claims.

Marc Maiffret, currently chief security architect at security firm FireEye first gained a modicum of fame as a hacker targeting Microsoft products. For example, he uncovered the security hole that the Code Red worm exploited back in 2001 to attack Windows servers.

He's been no stranger to publicity, being one of the hackers featured on MTV's I'm a Hacker, and named as one of People Magazine's "Next Wave" of people to watch, back in 2004.

In an interview with CNet,

he claims that Microsoft takes security more seriously than does Apple, and excoriates Apple fans as being "ignorant" about security risks.

Maiffret says he believes Microsoft does one of the best jobs in the industry around security, telling CNet:

"From an internal process in how they go about auditing their code and securing software from a technical perspective, they do have one of the best models. The area they still have room for improvement is around time lines of how long it takes for them to fix things."

As for Apple and its fans, he has very little good to say, saying that the Mac is vulnerable, and its fans ignorant about security risks:

"...they try to market themselves as more secure than the PC, that you don't have to worry about viruses, etc. Anytime there's been a hacking contest, within a few

hours someone's found a new Apple vulnerability. If they were taking it seriously, they wouldn't claim to be more secure than Microsoft because they are very much not. And the Apple community is pretty ignorant to the risks that are out there as it relates to Apple. The reason we don't see more attacks out there compared to Microsoft is because their market share isn't near what Microsoft's is."

And he leaves no doubt that he believes Microsoft as a company pays more attention to security than does Apple, and says the only reason the Mac hasn't been targeted by malware writers is that it doesn't have a large enough installed base: "I think Microsoft does a better job with their code auditing than folks like Apple do. We've only seen a scratching of the surface as far as Apple vulnerabilities because nobody cares to find them."



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Smart soccer goalies should wear red



Soccer players are less likely to score on a penalty shot if the goalie is wearing red, a new study shows.

Researchers examined the performance and expectation of success of 40 university soccer players shooting against goalies wearing different-colored shirts. Each of the players took a total of 20 shots, 10 against a goalie wearing a shirt with black stripes and 10 against a goalie wearing a shirt with either blue, yellow, green or red stripes.

Before they took their shots, the players were asked to estimate how many goals they would score and how confident they were of their estimate.

The color of the goalie's

March video game retail sales climb 6 percent

NEW YORK – After a rocky 2009 followed by two months of double-digit declines, U.S. retail sales of video game software, hardware and accessories finally saw an uptick in March.

Market researcher NPD Group said Thursday total video game sales climbed 6 percent from the same month a year earlier, to \$1.52 billion. Strong sales of Nintendo's gaming systems, new "Pokemon" games and Sony Corp.'s "God

shirt didn't affect how many goals a player believed he would score. However, the scoring success rate was lowest against a goalie in red (54 percent), followed by yellow (69 percent), blue (72 percent), and green (75 percent).

"These findings lend support to the idea that red clothing could give a sportsperson or team a small but meaningful advantage [one penalty in five] in a competitive encounter," study author Iain Greenlees, of the University of Chichester, said in a news release.

"It also has implications for sports in which a competitor is assigned a colored corner randomly, like boxing or martial arts in the Olympics," he added.

of War III" helped boost results.

Software sales jumped 10 percent to \$875.3 million, well above what most analysts were expecting. In addition to "God of War," which sold more than a million copies, two "Pokemon" games from Nintendo and "Final Fantasy XIII" from Square Enix were also top sellers. "Battlefield: Bad Company 2" from Electronic Arts Inc. was among the month's strongest-selling games as well.

HEALTH

Superfoods



What are Superfoods?

Though there is no legal or medical definition, superfoods are nutrient powerhouses that pack large doses of antioxidants, polyphenols, vitamins, and minerals. Eating them may reduce the risk of chronic disease, and prolong life, and people who eat more of them are healthier and thinner than those who don't. Read about several foods that are considered super, what health benefits they offer, and how to fit them into your diet.

Tomatoes

Why they're super: They contain lycopene, an antioxidant rarely found in other foods. Studies suggest that it could protect the skin against harmful UV rays, prevent certain cancers, and lower cholesterol. Plus, tomatoes contain high amounts of potassium, fiber, and vitamin C.

Blueberries

Why they're super: These berries are full of phytonutrients that neutralize free radicals (agents that cause aging

and cell damage). The antioxidants in these berries may also protect against cancer and reduce the effects of age-related conditions such as Alzheimer's disease or dementia.

Kale

Why it's super: Move over spinach, you've got some fierce competition. Kale contains a type of phytonutrient that appears to lessen the occurrence of a wide variety of cancers, including breast and ovarian. Though scientists are still studying why this happens, they believe the phytonutrients in kale trigger the liver to produce enzymes that neutralize potentially cancer-causing substances.

Black beans

Why they're super: A cup of black beans packs 15 grams of protein, with none of the artery-clogging saturated fat found in meat. Plus, they're full of heart-healthy fiber, antioxidants, and energy-boosting iron.

Broccoli

Why it's super: Cruciferous vegetables like broccoli

contain phytonutrients that may suppress the growth of tumors and reduce cancer risk. One cup of this veggie powerhouse will supply you with your daily dose of immunity-boosting vitamin C and a large percentage of folic acid.

Salmon

Why it's super: Salmon contains omega-3 fatty acids, which the body cannot produce by itself. These fatty acids reduce inflammation, improve circulation, increase the ratio of good to bad cholesterol, and may slash cancer risk. Salmon is a rich source of selenium, which helps prevent cell damage, and several B vitamins.

Oats

Why they're super: Full of fiber, oats are a rich source of magnesium, potassium, and phytonutrients. They contain a special type of fiber that helps to lower cholesterol and prevent heart disease. Magnesium works to regulate blood-sugar levels, and research suggests that eating whole-grain oats may reduce the risk of type 2 diabetes.

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Some unaware they have had stroke

Many people who have either a minor stroke or so-called mini-stroke aren't aware of it or don't seek medical treatment for more than 24 hours afterwards, finds a new study.

British researchers analysed data from 1 000 patients, average age 73, who had a transient ischemic attack (TIA) or a minor stroke. A TIA -- often called by the misnomer "mini-stroke" -- occurs when a blood clot temporarily clogs an artery and blocks blood flow to the brain. A minor stroke can cause symptoms that include unexpected trouble speaking, as well as vertigo, balance problems, and temporary weakness or numbness of an arm or leg.

While TIAs and minor strokes don't typically cause permanent brain damage, early treatment of these conditions reduces the risk of a more serious stroke.

In this study, the researchers found that most patients were unaware they had had a minor stroke or TIA -- 68% of TIA patients and 69% of minor stroke patients didn't know the cause of their symptoms. Only 47% of the patients with a TIA and 46% of patients with a minor stroke sought medical atten-

tion within three hours of symptom onset -- the time limit for use of a clot-busting drug.

Among the other findings: Few patients were aware of the symptoms of a minor stroke.

67% of TIA or mini-stroke patients and 74% of minor stroke patients sought medical attention within 24 hours.

77% of patients saw their primary care doctor first instead of seeking emergency medical care.

30% of patients who suffered a recurrent stroke didn't seek timely medical attention.

TIA patients were more likely to delay seeking medical attention if their physical and speech abilities were normal, if symptoms were short-lasting, or if their symptoms occurred on a Friday, weekend or holiday.

The findings, published in the journal *Stroke*, "indicate a lack of public awareness that TIA is a medical emergency," and suggest the need for more public education, study author Arvind Chandratheva, a clinical research fellow in the Stroke Prevention Research Unit, department of clinical neurology, University of Oxford, said in a news release.

For the knee, shoes and playing surface matter

Wearing cleats on a natural grass playing field seems to offer athletes some protection from anterior cruciate ligament injury when they make a quick turn, new research shows.

"These are injuries where an athlete plants his or her foot while making a cut and blows out his or her knee," Dr. Mark Drakos, a study co-author who, at the time of the research, was an orthopedic fellow in sports medicine at the Hospital for Special Surgery in New York City, said in a hospital news release. The ligament is commonly referred to as the ACL.

"We don't know all the

science behind why ACL injuries may be more common on turf than on grass," Drakos said. The study begins to address that, he said, because "we need to optimize some of those environmental factors."

When a similar cut, or quick turn, is made on four different surfaces, "the best strain profile is in grass/cleat combinations," Drakos said. "So, there is less force occurring at your ligament for the same cut on that particular surface using this model."

The finding is published in the January issue of the *Journal of Biomechanical Engineering*.

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Palm Beach, Aruba

Is a city northwest of Oranjestad, capital of Aruba, and is home to the high rise hotels and a new shopping district. The renowned two-mile-long strip known as Palm Beach is home to glamorous high-rise hotels and dotted by water sports concessions, piers, beach bars, restaurants and shops. Calm waters make this a comfortable haven for swimmers and snorkelers. A walk along the coast at dawn or sunset is perfect for exercise and quiet reflection.

Multiple time-share ownership and full-time ownership condos have been or are being built in the area as well.



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104	Shiva's Gold & Gems	123	Company 81
105	Underground	124	Palm Beach Plaza
106	Flow	125	Palm Beach Plaza
107	Jewels in Paradise	126	Shoebox & La Chinata
108	Muaa	127	Palm Beach Plaza
109	Barrel Bay Mini Market	128	Benetton
110	Jeff de Bruges Chocolate Boutique	129	Onda de Mar
111	Skechers	129A	Touche
112	Palm Beach Plaza	130	Giordano
113	Birkenstock & Dance	130A	The Divi Store
113A	Post Aruba N.V.	131	Penha
114	Sun Specs Sunglass Boutique	152	Tio's Lounge
114A	Totto	153	Mimo's Ice Cream Parlor
115	Majesty Jewelers	154	Aruba Aloe
116	Havana Cigar & Spirit Bar	155	Tango Tours
117	Trinity House of Coffee		

2nd Floor

201	Kaffas Bar & Restaurant	1	Aruba Mega Plex cinema 1
202	Hoshi Sushi Bar & Restaurant	2	Aruba Mega Plex cinema 2
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204	Palm Beach Plaza	4	Aruba Mega Plex cinema 4
205	Technoland	5	Aruba Mega Plex cinema 5
206	Art Fusion	6	Aruba Mega Plex cinema 6
207	Pixies Bijouterie	7	Aruba Mega Plex cinema 7
209	Aruba Mega Plex	8	Aruba Mega Plex cinema 8
212	Candyland Candy Store		
214	Panache		
215	Panache		
216	My Time		
217	Green Door Spa & Beauty Salon		
218	Kokomos Tropical Bar & Restaurant		
219	Kokomos Tropical Bar & Restaurant		
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A true delight: Kinder arts at the Westin Gallery in Palm Beach



Pat donovan (L) and Jan van der Straten



A duo of sunflowers



"Weeping Woman"

Noted artist and teacher Miriam de L'Isle has been in-

spiring children to discover their talents for years, and the latest crop of youthful masterpieces is on display in the Westin Gallery in the lobby of the Westin Aruba Resort in Palm Beach until May 11th.

The utterly enchanting collection features works by children of all ages, some of them remarkably accomplished and showing very mature technique, such as the riveting self-portrait by eight-year-old Maria



Inspired by Picasso



Miriam de L'Isle and all her students

Therisita Barbossa.

Aside from self-portraits and painting of friends or family members, young artists also had the option of producing images inspired by the works of Picasso, and elected to do so; the results are a fascinating homage to youthful imagination.

The exposition also includes a wall dedicated to floral paintings and still life - "Beauty is in the Eye of the Beholder," a subject also infused with the energy and whimsy of those looking at the world with fresh eyes. Miriam has included in the collection a single work of her own titled "Weeping Woman."

The current exhibit will remain on display until May 11, and is open to the public seven days a week. On Saturday, May 8th, there will be an art auction of a number of the paintings to support this important program for island youth. The bidding will begin at 7:00 p.m., and all proceeds will go towards art materials

for Miriam's courses, which are conducted at the Ateliers '89 in Oranjestad.

During the official opening on Saturday afternoon, Pat Donovan, Director of Marketing for the Westin Resort, confirmed how thrilled the Westin is to bring local culture to their visitors in collaboration with gallery curator Jan van der Straten. "We are particular excited to display the creativity and talents of island youngsters in the "exhilarating exhibit," he concluded.

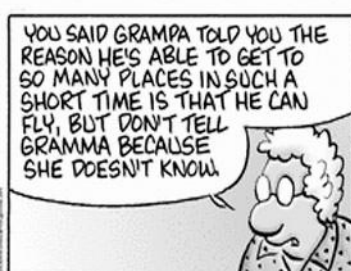


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ACROSS

1. Daisy's kin
6. "If — I Would Leave You"
10. Bone dry
14. Disgrace
15. Pilaf ingredient
16. Commanded
17. Trickery: hyph.
19. Irritate
20. Still
21. Poetic form
22. Merchant
24. Fork prong
26. Stylish
27. In a headstrong manner
30. Proved a will
34. Bay window
35. Baby buggy

DOWN

36. Prima donna
37. Storage boxes
38. Salt solution
39. Amo, amas,
40. Loony
41. Assistant
42. Tolerate
43. Pep up
45. Prepared fiber for spinning
46. Composer
47. Porter
48. Dumb girl
49. Spanish coin
51. Belonging to a boat
52. Actor Wallach

ACROSS

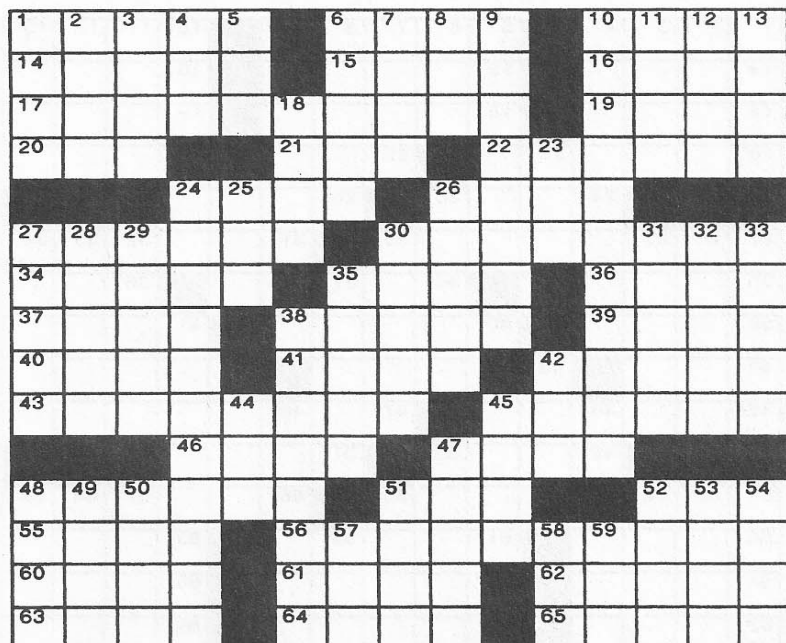
55. Scent
56. Necromancer's art: 2 wds.
60. Coquettish glance
61. — the Hyena
62. Silly
63. Villain's look
64. Pianist Duchin
65. Took on cargo

DOWN

1. Very pale
2. Loafer or brogan
3. Discretion
4. Australian bird
5. Legal matter
6. Wear away gradually
7. Fault

ACROSS

8. Old French coin
9. Residence: 2 wds.
10. Magician's incantation
11. Hostile incursion
12. Unemployed
13. White-tailed or mule
18. Yankee Doodle's mount
23. Tease
24. Gilbert and Sullivan work: 2 wds.
25. Under the weather
26. Derrick
27. California oak
28. Greek poet
29. Subsequently
30. "— and Prejudice"
31. Shy
32. Dodge
33. Went out with
35. Award
38. Able to obtain temporary court release
42. Swiss river
44. "I — Rhythm"
45. Stopper
47. Deterioration
48. Pocket billiards
49. Brink
50. One and only
51. Ranch worker
52. Knightly oath
53. Toe the —
54. Frosted
57. Conducted an orchestra
58. Wire measure
59. Collection



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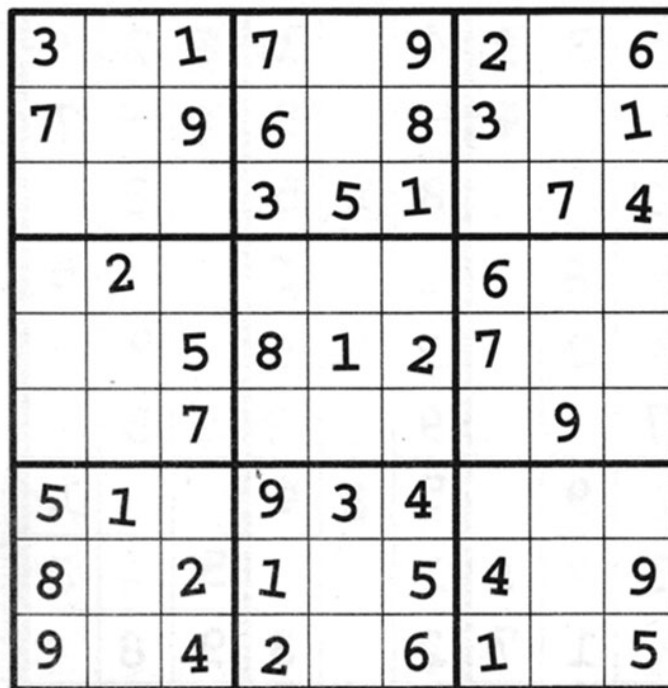
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6	9	7	5	1	2	3	8	4
1	2	8	7	6	9	1	5	3
2	6	5	8	9	7	1	3	4
3	7	1	2	1	8	5	6	9
8	1	9	7	6	5	3	2	4
7	4	6	1	5	8	9	2	3
1	5	8	2	9	6	7	4	3
9	8	7	6	4	1	3	5	2

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Geithner says economy growing faster than expected

WASHINGTON (AP) – Treasury Secretary Timothy Geithner says the economy is growing faster than the Obama administration expected.

He tells NBC's "Meet the Press" that the country is on the way to sustained job creation. But he acknowledges that unemployment may remain high, close to 10 percent.

Geithner says there's more confidence in the business world, and he says the private

sector is growing. He also says people are spending more.

He said he sees encouraging signs that should make Americans confident the country will emerge stronger.

Geithner said President Barack Obama was taking steps to reduce the nation's deficit.

He said that the president would extend middle-class tax cuts, but would not renew tax cuts that President George W. Bush put in place for the wealthiest Americans.

Geithner also said he was confident there was enough political unity on Capitol Hill for the US Senate to forge a strong financial regulatory bill despite differences over some parts of it.

"I believe that we are very close on this," Geithner said on the program, adding that Republicans and Democrats now agreed on the vast bulk of things necessary to end "too big to fail."

Tourism specialist Dr. Marcella Daye and findings of the semi-annual survey by students of the Faculty of Hospitality and Tourism Management, University of Aruba

"Branding Beyond Boundaries"

Early Saturday morning, the auditorium of the University of Aruba was filled to hear the results of the semi-annual survey conducted by second year students of the Tourism and Hospitality Management program among island visitors, as conducted under Dean Dr. Ryan Peterson.

This is the fourth year the students have canvassed up to 1500 vacationers for their input of the Aruban experience, not only to measure the success of what the island provides as a locale, but also to examine the effectiveness of its various marketing campaigns. Each survey requires teams of students to expound in seven categories, which when combined, provides answers as to the nature of Aruban tourists and what they require, and if the island is delivering on the promise.

This year, the results were preceded by a talk from Dr. Marcella Daye, who also was Keynote Speaker for the Annual Tourism Conference Aruba, (ATCA) earlier in the week. Dr. Daye began her career as a radio journalist and worked for ten years with the Jamaica Tourist Board. Dr. Daye is lead editor of the recently published "New Perspectives in Caribbean Tourism," and is now based out of London. She confirmed to the audience it is always enlightening and surprising to return to the region to witness the changes and advancement of the various island nations.

As the topic of the day was "Branding" which is defined as "the application of marketing techniques to a specific product, product line, or brand; seeking to increase the product's perceived value," Dr. Daye directed her remarks towards what she considers Caribbean islands need to do to differentiate themselves under the umbrella brand of "Caribbean." The Caribbean is already recognized in key markets as being synonymous with "beautiful beaches and crystal blue waters," but the challenge for each island in a very competitive market is how to make the most of what gives their island a particular character and distinction, to convey how these assets make it a desirable destination more so than others, and to convince the consumer to choose it as a vacation destination over other similar choices.

To accomplish this, Dr. Daye believes that the support



Dr. Ryan Peterson presents Dr. Marcella Daye with a souvenir gift



Second year students

by governments and tourist boards of native culture and character is paramount, and surveys found that consumers responded well to this sort of branding. Interestingly enough, when marketing specialists analyzed responses to the home pages of the Dutch Caribbean websites and the image they presented of their island, Aruba was the only one that subjects felt was truly factual in their depiction of what is as an integral part of the Aruban experience.

Following the opening address were the results of the survey conducted by Kaman Hui, Eliana Arguello, Clifton Starke, Jamie-Lee Richardson, Gilly Dijkhoff, Lugbelkis Wernet, Margaret Boekhoudt, Lindella Croes, Jacy Hart, Fyta Sjak-Shie, Nathaly Stanley, Giomar Nunes, Kim Pablo, Bryan Maduro, Liandra Dewberry and Emjaelka Kelly were presented. This in-depth survey produced 655 "eligible" responses, as only those where all questions were included, from vacationers during the months of October and November, 2009.

Topics included Aruba's Experience and the Visitors' Perception-Yay or Nay, How has the Global Financial Crises af-

ected Aruba's Tourism, Channel Effects, Loyalty to Destination Aruba, How to Improve Product Aruba, Getting there is Half the Fun-Spending and Booking Behavior, and Tracking Guest Experience.

Teams were charged with acquiring and graphing the information, presenting it in an orderly and interesting manner, and analyzing and forming conclusions, while also being encouraged to offer recommendations. The aim is not only to train Aruba's future tourism professionals to learn how to conduct organized investigations and understand the information, but to also stimulate them in thinking what needs to be done for Aruba to attain sustainable tourism and development, a great concern for the island's economic and social future. Through many of their conclusions the group proved to be quite astute and forward-thinking, demonstrating great insight and originality in their ideas. This year's crop of second year students showed initiative and promise in their expediting of the survey. Full results are obtainable from the Faculty of Tourism and Hospitality Management at the University of Aruba in Oranjestad.

YESTERDAY'S Crossword Answer

FIAT	SANTA	HARP
IDLE	TRAWL	OLIO
NOEL	ATRIPT	RICO
SLEEPY	ETHEREAL	
TIED	SAGO	
BOTHERED	BARBED	
ERROR	BAKED	LAR
ALAN	BINET	SAGE
ROD	BUTTE	SOILS
SNEERS	EPICURES	
MATS	SNAP	
ALIENATE	STEAKS	
POOR	RADIO	DONE
SING	DRILL	UNIT
ESSE	STELE	PETS

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Chef Kasuki with Spicy Salmon Roll



South Beach Roll

Located within the stylish new South Beach Mall, the House of Japan not only offers chic surroundings and an intimate ambiance, it also sports the most unique sushi selection on the island. House of Japan has brought in master sushi chef Kasuki Tsuchiya to create a selection of specialized dishes just for them, and they provide a fresh and memorable dining experience for even the most jaded aficionados of sushi. Raised in the large Japanese community of Latin American, Chef Kasuki has incorporated many of the elements of regional cooking for his distinctive creations.

Sushi aficionados will find all their favorites, but be adventurous and try their unique South Beach Roll, Oranjestad Roll or the Ivanka Roll; exquisite experiences for your

taste buds that should not be ignored. During a recent two-week visit to Aruba, sushi fanatic Kiril Kulish, who last year won the Tony Award for his starring turn in the Broadway hit "Billy Elliot," declared House of Japan his favorite restaurant in all of Aruba, expressing they served "the best sushi I have ever had, anywhere."

Veteran visitors will recognize Mylene hard at work behind the counter. She is famous on Aruba for her preparation of sushi and other Japanese delights, such as their tempting Neptune Salad and the House of Japan Ceviche. Her dedicated clientele have followed her through her 11-year career in Aruba's Japanese restaurants, and they report they are ecstatic to find her again hard at work

in the chic but cozy environs of House of Japan.

"The sushi we are making here is like none other seen on Aruba," expressed Mylene regarding working with Chef Kasuki, "it is so exciting to be trying these new dishes, they are so nontraditional and I find the old standards sometimes pale in comparison. We have everyone's favorites, and can make anything they ask for, but we are sure they will love what we have created."

House of Japan is open for dinner seven days a week; Sundays through Thursdays from 5:30 p.m. until 12:30 a.m., and on Fridays and Saturdays until 2:30 a.m. They offer a charming and intimate interior dining room as well



Neptune Salad

as dinner under the stars on the South Beach Terrace. The restaurant also sports a cozy Teppenyaki table in the back, which seats six comfortably.

Hibachi Chef Aldrin, well known to all his fans as "Buzz," is eager to entertain as he prepares a succulent meal before your eyes.

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Cuban cigar legend Robaina dead at 91

HAVANA, Cuba (AP) — Cuban tobacco grower Alejandro Robaina, an international symbol of the island's cigar-making prowess, died Saturday. He was 91.

Cuban state television announced his death, and the state tobacco concern Habanos SA, which produces the Robaina brand cigar, said on its website that he was the "victim of a somber illness."

The only Cuban grower with a cigar brand named after him, Robaina traveled for decades as an unofficial global ambassador for the island's stogies. Into his final days, he could be found smoking cigars in a rocking chair on his front port in San Luis, in westernmost Pinar de Rio Province.

He worked the fields in Vuelta Abajo, Cuba's most-fa-

mous cigar-growing region, where Habanos — a joint venture between the communist government and Britain's Imperial Tobacco Group PLC — produced Robainas.

Born in the town of Alquizar on March 20, 1919, Robaina began working his family's fields from the time he was 10. He remained in Cuba when that land was nationalized after the revolution that toppled dictator Fulgencio Batista and brought Fidel Castro to power on New Year's Day 1959.

Robaina became famous for the top-quality tobacco he



helped produce and was honored numerous times by the Castro government.

There was no immediate word on funeral arrangements.

Oct. 17, 2002 file photo shows Alejandro Robaina, 83, smoking near new tobacco plants in San Luis, near Pinar del Rio, Cuba.



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Wayward NM cat has free flight home from Chicago



CHICAGO, Illinois (AP) — No one knows how a tabby cat named Charles traveled the 1,300 miles from his New Mexico home to Chicago, but he's set for a complimentary flight home on American Airlines in a carrier donated by an

Albuquerque business.

Charles disappeared about eight months ago while his owner was out of town and a friend was caring for him.

"Oh, I was crushed, and I found out while I was away volunteering with Habitat for

Peru town copes with being devoured by mine

CERRO DE PASCO, Peru (AP) — The mile-wide gash grows almost daily with each dynamite blast, slowly devouring this bleak provincial capital high in the Andes.

The half-century-old, open-pit zinc and lead mine belches streamers of dust that coat homes. The soil is so contaminated, indigenous Quechua communities on the city's outskirts have quit growing potatoes and lettuce. Local taps run for six hours on a good week; 80 percent of available water goes to the mine.

As the government continues its aggressive push to extract Peru's vast mineral and oil reserves, communities such as Cerro de Pasco are caught in a conflict between environmental contamination and jobs that is fueling violent protests — some deadly — from the



Photo taken Sept. 15, 2009, shows Kathy Ramos, 17, carrying her son Edson near the Patarcocha lagoon, which is used as a dump for sewage and human waste, in the mining town of Cerro de Pasco.

Andes to the Amazon.

Critics say the town of 70,000, one of Peru's first industrial mining complexes, embodies 100 years of unregulated extraction, toxic dumping and illegal land grabs.

"As my life has gone by, I've watched the mine swallow the city," says Cerro de Pasco congresswoman Gloria Ramos, 54, gazing across the void from a rocky outcrop above the tangled streets and remnants of her hometown. "There has been a great exodus, but the poor stay."

In late 2008, city officials gave the mine owner, Peru-based Volcan Compania Minera S.A., permission to take another 28 acres (11.33 hectares) of the town, including the center square and its colonial church, rebuilt in 1748 after an earthquake. If not, the company threatened to close the pit-mine, putting 4,000

jobs at risk.

About the same time, Peru's congress passed Ramos' bill to condemn and relocate Cerro de Pasco, based on U.S. Centers for Disease Control studies that found soil, homes and water saturated with toxic levels of lead. Nine of 10 children have elevated blood levels of one of 14 heavy metals, including lead, cadmium, and arsenic, according to the CDC.

But more than a year later, President Alan Garcia's government is nowhere near providing the \$500 million the regional governor says is needed. Officials say technical studies will take three years and building a new town a decade beyond that.

"It's affecting our health, especially that of our women and children," Ramos said, "and we can't go on living with it anymore."

Likely meteor fragment found in Wisconsin

MILWAUKEE, Wisconsin (AP) — Scientists say an apparent fragment from a meteor that lit up Midwestern skies last week has been recovered in southwestern Wisconsin.

The fragment weighs 0.3 pounds and is about the size of an unshelled peanut. The meteor had streaked across the sky about 10 p.m. Wednesday and was visible from southern Wisconsin and northern Iowa to central Missouri.

University of Wisconsin geology professor John Valley says fragment has a so-called fusion crust. The paper-thin blackened coating results when a meteor superheats as it speeds through the atmosphere.

Valley says the man who found the fragment lent it to

university scientists for a two-hour analysis.

Based on preliminary tests, the meteor appears to have come from the vast asteroid belt between Mars and Jupiter.



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Nadal wins 6th straight Monte Carlo Masters title



MONACO – Rafael Nadal's title drought is over.

Nadal won his first tournament in nearly a year on Sunday, defeating Fernando Verdasco 6-0, 6-1 in an all-Spanish final at the Monte Carlo Masters.

The second-seeded Nadal overpowered Verdasco with a stunning display of attacking clay-court tennis to earn his sixth straight victory at Monte Carlo, but his first title since the Rome Masters in May 2009.

"Last year I didn't play well but won; this year the level is completely different," Nadal said. "I have been playing well since the start of the season."

He was relieved to win again after losing consecutive

Masters semifinals on hard courts at the BNP Paribas Open and the Sony Ericsson Open.

"It was a lot of work. A lot of work," Nadal said. "For sure, this year is really special for me. One of the most special because I had a little bit of a hard time for the last year."

Nadal is the only player to win six consecutive titles at the same tournament since tennis turned professional in 1968, and the 23-year-old has tied top-ranked Roger Federer with 16 Masters titles, one behind Andre Agassi's record.

"I was a little bit nervous — I didn't win a tournament for a while," said Nadal, who last year lost to Federer at the French Open and battled

knee problems that sidelined him for more than two months.

He was glad to be back playing his best on his favorite surface.

"Probably one of my best (performances) on clay," Nadal said. "One of my best levels on clay for sure."

He sealed the win on his first match point with a forehand pass and fell to the ground, rolling on his back as he savored his victory.

"It was emotional for me today, it was my best week for a long time," Nadal said. "It's unbelievable, Monte Carlo is my favorite tournament."

It was his 32nd straight win at Monte Carlo since his third-round loss to Guillermo Coria in 2003, and the relief at clinching his 37th career title was evident as he sobbed into a towel when he sat down.

Although Federer didn't play at Monte Carlo, Nadal's win and early form on clay will make him a favorite to reclaim his French Open title at Roland Garros when the tournament starts late next month.

"If he plays like this, no one can beat him," the sixth-seeded Verdasco said. "He beat everyone in six years here and I'm just one of them."

also said he's hurting because of an elbow he took recently from the Celtics' star.

Noah made his comments after the Bulls practice in preparation for Monday's Game 2 against the Cleveland Cavaliers.

Garnett got two technicals and was ejected late in the fourth quarter of Boston's 85-76 win. He faces a likely suspension from the NBA.

Bulls' Noah on Garnett: "He's a dirty player"

CLEVELAND — Chicago Bulls center Joakim Noah says Boston's Kevin Garnett is "a dirty player" and is constantly throwing elbows.

Asked about Garnett hitting Miami forward Quentin Richardson in the face with an elbow in Game 1 of the Celtics-Heat on Saturday night, Noah came down hard on Boston's star.

Noah said Garnett is "always swinging elbows." He

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PG-13 DEATH AT A FUNERAL **NEW**
daily: 4:15 6:30 8:45
matinee: 12:00 2:00 late show: 11:00

PG THE LAST SONG **NEW**
daily: 6:00 8:30
matinee: 1:00 3:30 late show: 11:00

PG-13 CLASH OF THE TITANS
daily: 6:00 8:30
matinee: 1:00 3:30 late show: 11:15

PG-13 THE BOUNTY HUNTER
daily: 4:00 6:30 9:00
matinee: 1:30 late show: 11:45

PG-13 WHY DID I GET MARRIED TOO
daily: 4:00 6:45 9:15
matinee: 1:30 late show: 11:45

PG ALICE IN WONDERLAND
daily: 5:30 8:15
matinee: 12:30 3:00 late show: 11:00

AT PASEO HERENCIA

R REPO MEN
daily: 6:00 8:30
matinee: 12:45 3:30 late show: 11:15

R COP OUT
daily: 6:15 9:00
matinee: 1:00 3:45 late show: 11:30

PG HOW TO TRAIN YOUR DRAGON
daily: 4:15 6:30 8:45
matinee: 1:45 late show: 11:00

PG-13 OUR FAMILY WEDDING
daily: 5:30 7:45 9:45
matinee: 12:45 3:00 late show: 12:00

PG DIARY OF A WIMPY KID
daily: 12:30 2:45 late show:

R GREEN ZONE
daily: 4:00 6:30 9:15
matinee: 1:30 late show: 12:00

PG-13 DATE NIGHT
daily: 5:00 7:30 9:30
matinee: late show: 11:45

DEATH AT A FUNERAL (Comedy): A day in the life of an American family who come together to put a beloved husband and father to rest. As mourners gather at the family home, shocking revelations, festering resentments, ugly threats, blackmail and a misdirected corpse unleash lethal mayhem.

On the road to 2010 FIFA World Cup South Africa

Cole hails Rooney, warns England



Wayne Rooney

Former Manchester United striker Andy Cole believes Wayne Rooney's ability to finish the simplest of chances is what has made him so deadly this season. The 24-year-old is in the best form of his career having scored 34 goals in all competitions so far, and has been an integral player for the Red Devils.

However, a recent ankle injury proved telling as United crashed out of the UEFA Champions League to Bayern Munich, while seeing their Premier League title hopes dealt a huge blow with defeat by Chelsea followed by a lacklustre draw with Blackburn Rovers. Rooney has always been capable of scoring goals of the highest quality, but Cole believes the fact that the England international is now finishing more rudimentary chances is what has made him one of the most prolific forwards in the world.

Torres to have knee surgery, will miss 6 weeks

LIVERPOOL, England (AP) -- Spain striker Fernando Torres faces a race to be ready for the World Cup in June because of knee surgery that will sideline the Liverpool player for six weeks.

Liverpool says the surgery

"The good thing with Wayne this season is that he has got lots of tap-ins or goals from eight or ten yards, and those make big things in a season.

"His work-rate has always been the same and he has always been a team player, but to get into those areas and get more goals it has been absolutely superb. He has really stepped up to the plate and with (Cristiano) Ronaldo leaving he has come out and blossomed. He is now showing his full potential," said Cole.

Cole, however, feels it is vital that England do not rely too much on Rooney if they are to harbour hopes of success at the 2010 FIFA World Cup South Africa™. The former Everton player is quite rightly expected to be an integral player in Fabio Capello's team, but the man who scored once in 15 appearances for the Three Lions between

was scheduled for Sunday night and will keep him out for the rest of the English Premier League season.

The team says Torres saw a specialist in Spain on Sunday and was told he "would need surgery on a torn cartilage in his right knee."

1995 and 2002 feels the strongest international sides have been the ones that are able to work well together.

"In England, I feel we sometimes believe that one player can win us the World Cup," said Cole. "All teams have special players and England's is Wayne Rooney. However, the World Cup is not won by one player. For us to win it every player on a given day is going to have to play to their maximum."

Cole was speaking in Hong Kong, where he will lead a team in the Soccer Sevens tournament in the city next month. The 38-year-old recently had a spell coaching at Huddersfield Town, and he admitted he is keen to step into management in the future.

"I don't want to close any doors on anything," he said. "I love football. Given the opportunity I would like to coach at a football club again and learn what you need to learn, but my ultimate goal is to try and manage a team given the opportunity."

Did you know?

The 1954 FIFA World Cup™ featured the infamous "Battle of Berne" between Brazil and Hungary. The match had been eagerly anticipated as a showpiece occasion between the world's two best footballing teams, but soon descended into violence.

Hungary took a 2-0 lead inside seven minutes through Nandor Hidegkuti's drive and Sandor Kocsis' header but when Brazil's Indio was brought down in the box, Djalma Santos scored the penalty.

A first-half flare-up saw Jozsef Toth go off injured, leaving the Magyars down to 10 men in the days before substitutes, but Mihaly Lantos restored their two-goal lead from the spot after Brandaozinho handled. Julinho crashed in a superb goal to make it 3-2 but Nilton Santos and Jozsef Boszik were sent off after coming to blows and Brazil's Humberto Tozzi followed after kicking Gyula Lorent, leaving the game nine-a-side by the time Kocsis completed the scoring.

The violence did not end there, however, with Brazil ambushing their opponents in a darkened dressing room and a 10-minute fracas leaving at least one player unconscious and Hungary manager Gusztav Sebes needing four stitches.

South Africa's World Cup gamble



JOHANNESBURG (AP) -- World Cup organizers still have 355,000 tickets to sell in the eight weeks leading up to the World Cup as they continue to sacrifice short-term profits for the sake of long-term benefits and a better image for South Africa.

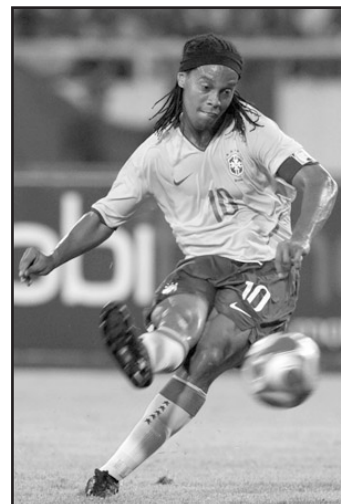
Officials will be relieved that 145,000 match tickets were sold in the first four

days of the final sales phase.

But more sales are needed if FIFA, the sport's world body, are to avoid a PR disaster -- the sight of empty seats at stadiums.

Organizers have been forced to offer cheaper tickets to ensure all 11 World Cup stadiums -- and not just those staging the most popular games -- are full.

Milan Coach Leonardo Backs Ronaldinho's Brazil Place Bid



and chief of the Brazilian FA Ricardo Texeira, who are doing their bit to convince Brazil coach Carlos Dunga, reports Tuttosport.

Leonardo has been in regular contact with a member of the Seleccion coaching staff in an attempt to sway opinions and ensure those with feint hearts make an effort for the cause.

De Assis is also showing his hand. He has a number of good contacts within the CBF and he is hoping to use his influence to help Ronaldinho.

Last but not least is Texeira. He has always been a keen supporter of the Milan man, and it was he who convinced Dunga to take him to the Beijing Olympics in 2008. He is likely to tell Dunga to reconsider his stance.

Three men are working hard to help 'Dinho play in South Africa.

Ronaldinho's hopes of playing at the World Cup are being boosted by Milan coach Leonardo, his brother and agent Roberto de Assis



A outside view of one of the soccer stadiums that will host the 2010 Soccer World Cup in South Africa, at Port Elizabeth, South Africa. Thousands of people are expected to visit South Africa during the Soccer World Cup.



CMB

CARIBBEAN MERCANTILE BANK N.V.

In spite of the economic and financial challenges of 2009, our results were satisfying and should be a clear indication of our belief that Aruba is a great place to do business. Caribbean Mercantile Bank will continue to invest and seize those opportunities to create employment and well being for a better community as a whole.

HIGHLIGHTS OF CONSOLIDATED FINANCIAL POSITION



OTHER KEY DATA OF THE CMB GROUP

	2009	2008
Staff	265	262
Branches	6	6
Bancomatico ATMs	40	40
Client Accounts	152,482	151,129

THE FINANCIAL HIGHLIGHTS IN AMOUNTS (AFL)

	2009	2008
Total Assets	1,287,305,000	1,258,198,000
Total Customer Deposits	1,126,780,000	1,103,174,000
Total Loans and Advances	765,608,000	749,865,000
Shareholders Equity	117,575,000	113,610,000
Net Profit After Tax	35,574,000	38,685,000

THE FINANCIAL HIGHLIGHTS IN PERCENTAGES (%)

Growth in Total Assets	2.3%
Growth in Total Customer Deposits	2.1%
Growth in Loans and Advances	2.1%
Growth in Net Profit After Tax	-8.0%

Income Statement

The income presented in our financial statements represents the total income for all 4 companies operating onshore and international businesses based in Aruba. International business and investment activities are a key source and contributor to the bank's consolidated income. Net Profits before tax and provisions in accordance with Central Bank of Aruba's guidelines were AFL. 49.6 million.

All business areas contributed to these results and the net result after tax declined in 2009 by 8%.

From CMB N.V.'s total revenues, 24% went to paying personnel expenses, 31% to paying other operating expenses, 12% to paying taxes, 2% to strengthening our reserve for banking risks, and 31% to net profit, hence a healthy distribution among all stakeholders.

Balance Sheet and Equity

CMB N.V.'s consolidated total assets at the end of December 2009 totaled AFL. 1.287 billion, for an increase of 2.3%.

The total of loans and advances to customers increased by 2.1% over 2008.

Our customer deposits showed a well counter-balanced increase of 2.1%.

At the end of December 2009, the book value of CMB N.V.'s Stockholders' Equity surpassed 117 million florin. As a result, CMB has a stronger capital base and is well positioned for the future. This solid capital base is a key strength that our communities and clients can depend on as we build for the future.

Taxes

CMB N.V. paid AFL. 14 million in profit taxes in 2009. This amount combined with employee wage and foreign exchange taxes resulted in CMB N.V. facilitating Land Aruba with amounts in excess of 28 million florin. Over the past ten years CMB N.V. has contributed well over 215 million florin to Aruba's tax revenues.

Employment

At the end of 2009, CMB N.V. directly employed 265 persons. During the year, CMB N.V. paid its employees total salaries and employee benefits amounting to AFL. 27.7 million.

Community

CMB N.V. generously donated and financially sponsored approximately AFL. 320,000.00 to neighborhood, religious and sports organizations and to institutions benefiting the youth. Not included in these monetary figures is the assistance given by our volunteer staff to the young and the elderly, in organizations and in homes for the aged.

Loans

A considerable portion of our loans portfolio is managed by Retail Loans, a division that achieved significant results by offering attractive mortgage and consumer lending products, including a well-publicized housing loans program for Aruban families.

DANK!!

Caribbean Mercantile Bank N.V. wants to thank its customers, employees, directors, affiliate, The Bank of Nova Scotia, and shareholder, Maduro & Curiel's Bank N.V., for their patronage and support, thereby making the year 2009 a successful one. Pabien!

For the full Consolidated Financial Highlights for the financial years 2009 and 2008, the Explanatory Notes to the Consolidated Financial Highlights, and the Auditors' Report thereto from KPMG Accountants BV, please write to:

Annual Report 2009, P.O. Box 28, Caya G.F. Betico Croes 53 - Oranjestad, Aruba, for a free copy of our 2009 Annual Report or visit our website www.cmbnv.com.